

ASSEMBLY INSTRUCTIONS

1. Cut the strapping and lift the box top and put it to the side to be used as a remote work station.



2. Use the box top as a work station to lay out all of the components. Open up the main hardware bag so that you can clearly see all the numbered hardware bags. NOTE: Hardware bag "STEP 6" is intentionally *not* included. This hardware comes preinstalled from the factory.

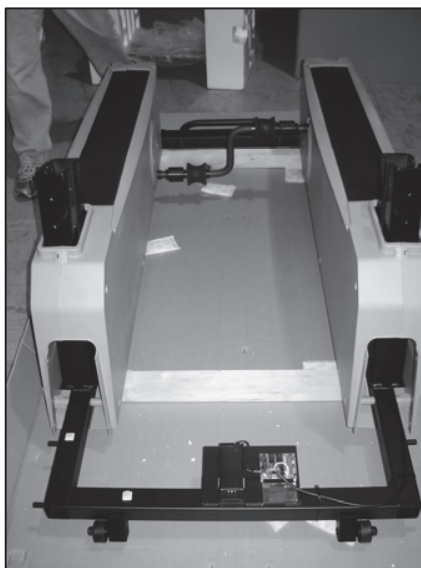


3. Remove upright and place it on top of the big white foam packaging cube.



Tip: Keep the cross brace foam tubes on until you install upright to avoid accidental scratching.

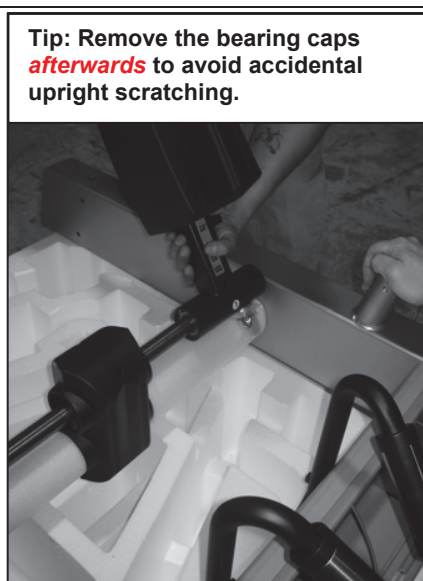
4. Remove the rest of the components and place them on the box top or near by. Remove the base frame from the pallet and place it in the exact spot you plan to use it.



5. Check that all the leveling feet (6) are turned all the way up into the frame by tilting the machine and adjusting them as shown. Attempt to rock the unit back and forth to check for stability. If unstable, adjust the feet until it stabilizes.



6. Slide the vertical stride adjustment members into the upright housing. DO NOT REMOVE the plastic wrap / foam that secures the two arms together. NOTE: There is a difference between right and left ("L" / "R" decals).



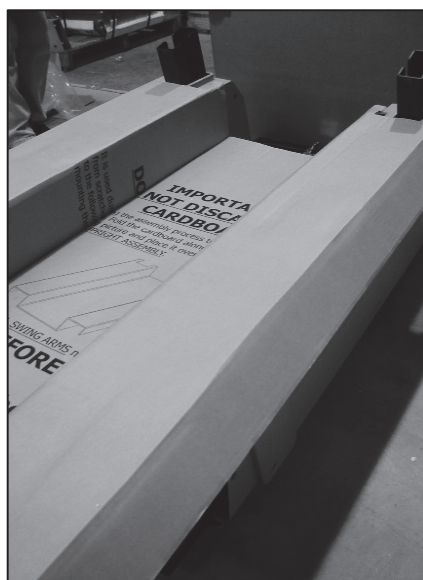
Tip: Remove the bearing caps *afterwards* to avoid accidental upright scratching.

7. Open hardware bag "STEP 1". Use the big flat washer, lock washer and bolt to fasten the vertical stride adjustment members. After firmly tightening, cap the tubes with the large black dome finish plugs to conceal the hardware.



Note: Save the remaining black screws in hardware bag "STEP 1". You will need them after mounting the upright "STEP 12".

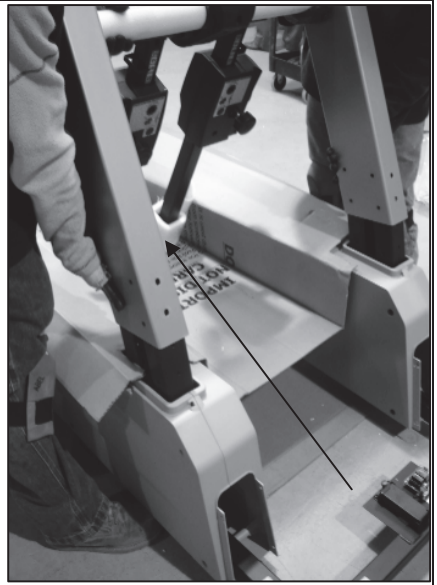
8. Place the protective cardboard over the frame as shown in the picture.



9. Pick up the upright assembly and walk it into the frame from the rear in as shown in the picture.



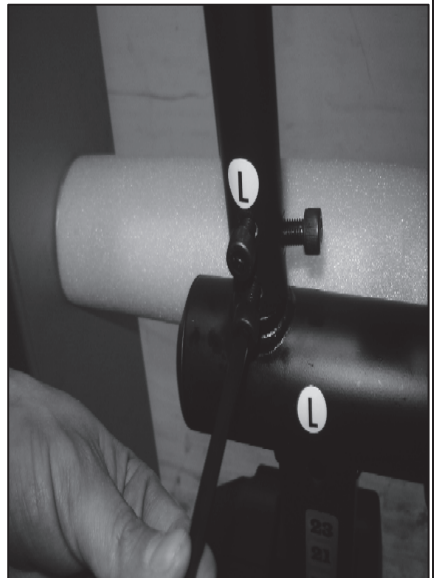
10. Carefully rotate the upright legs into the correct alignment and slip them into their respective black fittings on top of the frame. Once in, you can remove the protective cardboard and the plastic wrap / foam that secures the arms together (arrow pointing to it in picture).



11. Open hardware bag "STEP 2". Commence, but do not tighten all the screws with washers on each upright using the smaller allen key (12 per side). You will tighten them later.



12. Using the rest of the screws in the the hardware bag "STEP 1", discard the protection caps and firmly fasten the moving hand rails using the bigger allen key. NOTE: There is a difference between right and left ("L" / "R" decals).



13. Open hardware bag "STEP 3". Connect the crank arm to the crank. Tighten the top two bolts first, then the bottom two. **DO NOT REMOVE** the plastic film. It is an isolation dampener that alleviates mechanical stress between joints.



14. Open hardware bag "STEP 4". Connect the pedal arm to the vertical member. Slide the bolt in from the outside and tighten the nut very firmly. NOTE: There is a difference between right and left pedals ("L" / "R" decals).



15. Use the black screws in the hardware bag "STEP 4". Push the pedals forward and screw on the inside plastic joint covers. **TIP: You must hold the pedal in the forward position in order to get a screw driver in a usable position.**



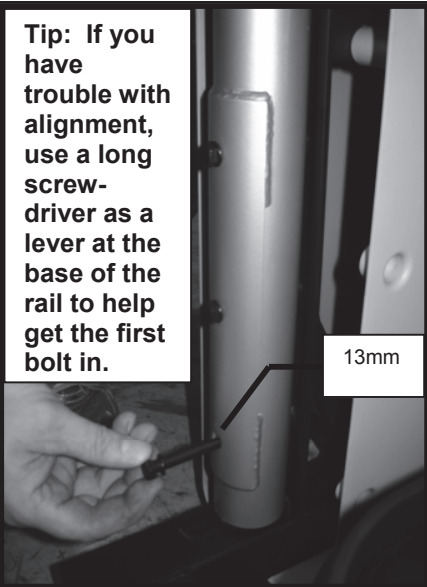
16. Use the remaining black screws in the hardware bag "STEP 4". Fasten the outside plastic joint covers.



17. Slide the handrails into the upright fittings. Open hardware bag "STEP 5" and use the smaller allen key to commence the (2) screws on each rail. NOTE: There is a difference between right and left rails ("L" / "R" decals).



18. Use the remaining bolts in hardware bag "STEP 5" to fasten the bottom of the rail. Once you tighten these, finish tightening the smaller screws at the top of the rail. Once rails are tight, finish tightening the upright screws from *assembly "Step 12"* and the handrail screws from the previous step.



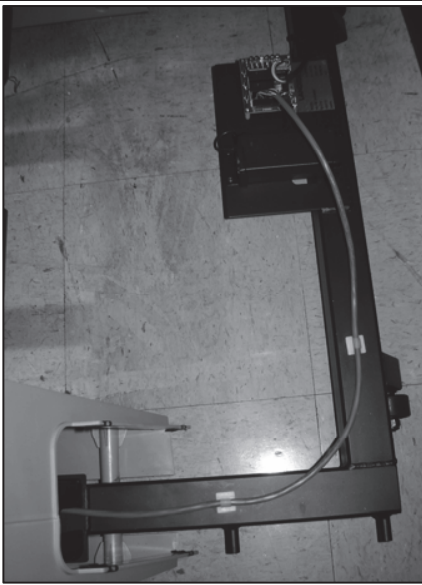
19. Open hardware bag "STEP 7". Use the screws that have a *sharp* point at the end to fasten the plastic bed endcaps. Each endcap used (4) screws.



20. Feed the upright harness (found in membrane box) down the leg. Slide it all the way down until you can grab it at the base of the machine through the access hole. TIP: Once you grab the harness at the base, make sure to clip in the harness at the top of the upright to prevent it from falling down inadvertently.



21. Clip the harness to the (2) harness clips along the frame. Once you have secured the harness to the clips, connect it to the female connector on the lower electronic board. **TIP: If installing an LVS, install the Caddy (reading rack) now. Then LVS, then resume this assembly (step 22).**



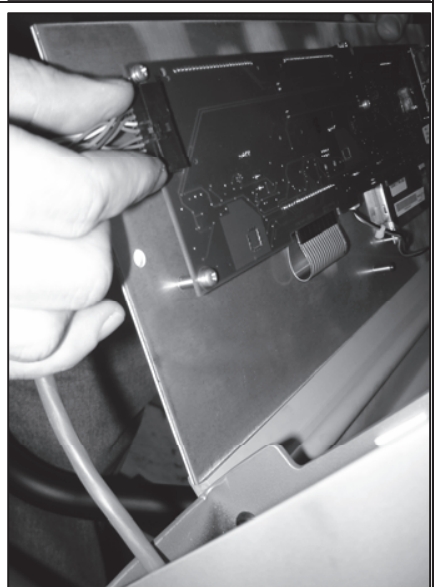
22. Mount the front cover. Use the remaining screws in hardware bag "STEP 7" to mount the cover. NOTE: Use the machine screws (4) in the bag with a dull point to fasten the cover to the frame (shown in picture). Use the remaining sharp point screws (8) to mount the rest of the cover to the silver side covers.



23. Place the membrane in the control panel and connect the two harnesses coming from the contact hand grips to the smaller board located on the far side of the membrane. The white connectors can go on either of the two available 3-pin connectors.



24. Connect the upper harness to the upper board. Center the membrane and pitch it back into place so that the velcro mates securely. Connect the main power cord to the front cover so you can turn the machine and verify all electrical connections.



25. Open hardware bag "STEP 9" and use the screws to attach the upright endcaps to the upright.



26. Open hardware bag "STEP 8" and use the allen key to fasten the rear step of the elliptical.



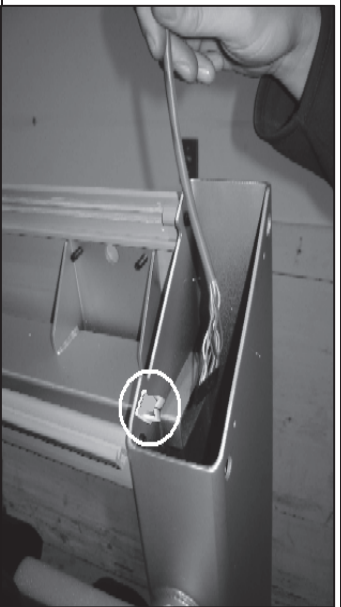
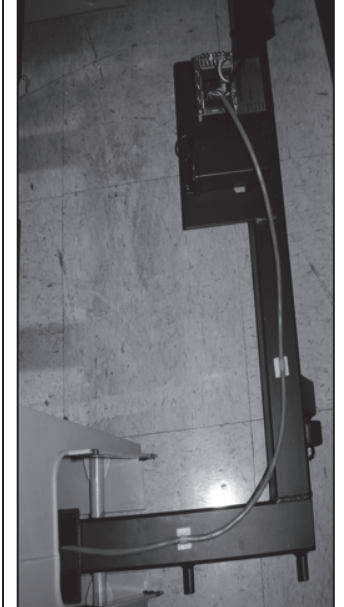

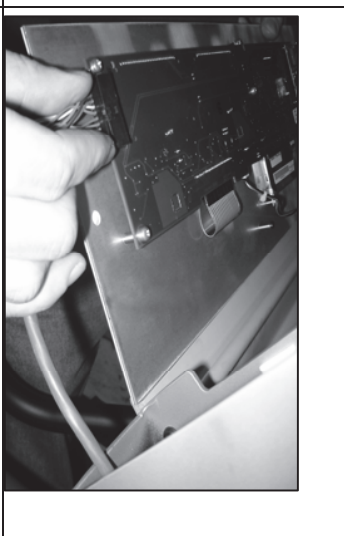
27. Check to make sure that the leveling feet below the step are firmly touching the ground to prevent any rocking.



28. Move on to the Caddy (reading rack) installation. The instructions are located in the box with the caddy. **NOTE: The main 4 mounting bolts for the Caddy are not 7/16", use 10mm.**

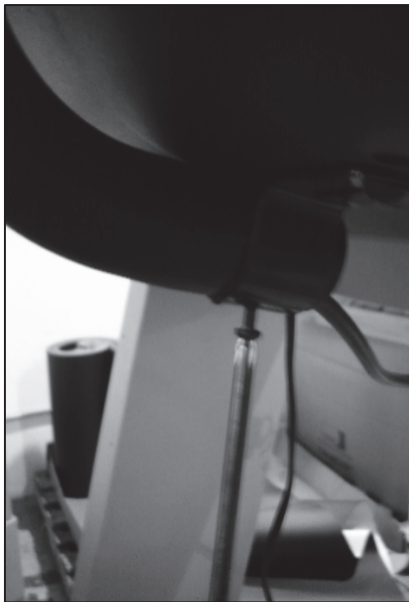
IMPORTANT: VERIFY THAT ALL SCREWS ARE TIGHT OR KNOCKING NOISE MAY OCCUR.

E-SERIES DCP ASSEMBLY INSTRUCTIONS

| | | | |
|---|---|---|---|
| <p>1. Feed the upright harness (found in membrane box) down the leg. Slide it all the way down until you can grab it at the base of the machine through the access hole. TIP: Once you grab the harness at the base, make sure to clip in the harness at the top of the upright to prevent it from falling down inadvertently.</p> |  | <p>2. Clip the harness to the (2) harness clips along the frame. Once you have secured the harness to the clips, connect it to the female connector on the lower electronic board.</p> |  |
| <p>3. Place the membrane in the control panel and connect the two harnesses coming from the contact hand grips to the smaller board located on the far side of the membrane. The white connectors can go on either of the two available 3-pin connectors.</p> |  | <p>4. Connect the upper harness to the upper board. Center the membrane and pitch it back into place so that the velcro mates securely. Connect the main power cord to the front cover so you can turn the machine and verify all electrical connections.</p> |  |

E-SERIES LVS2 ASSEMBLY INSTRUCTIONS

1. After mounting the reading rack, slide the bottom of the tube (cables first) into the clamp that's mounted on the bottom of the reading rack. Align the tube hole with the clamp hole and tighten using the black phillips head screw located in the zip lock bag.



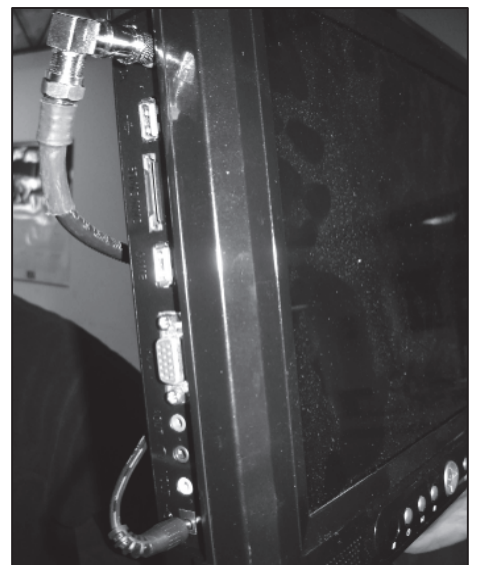
2. Grab the last black clamp that comes preassembled with the white nylon push-on rivets. Align the clamp with the predrilled holes and push them on until you hear both sides snap in.



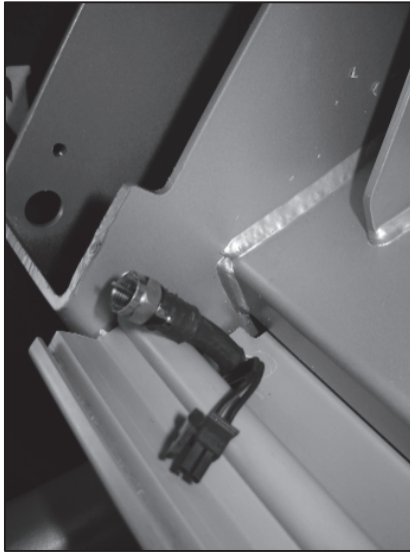
3. Grab the cable jack adapter from the zip-lock bag containing batteries and connect it to the television cable jack at the top of the television.



4. Connect the cable and power cables from the tube to the television.



5. Feed the cable and power wires from the bottom of the tube into the left side of the control panel from the underneath.



6. Take the cable and power wires and feed them down the left upright.



7. Grab the cable and power wires at the base of the upright through the access hole.



8. Connect the cable and power wires to their respective counter parts already mounted on the plastic covers right next to access hole.



9. Push the cable and power wires (thin wire first) into the cable clip located underneath the control panel. This will prevent them from bouncing around during usage.



10. Connect the power cord. Turn on the player (main elliptical cord must also be connected) to verify everything works.

